



## **MyPyramid for Pregnancy and Breastfeeding Questions and Answers**



### **What is MyPyramid for Pregnancy and Breastfeeding?**

- A new section of the *MyPyramid.gov* website designed to meet the unique nutritional needs for pregnant and breastfeeding women.
- It includes an individualized MyPyramid Plan, called “MyPyramid Plan for Moms,” designed for women who are pregnant or breastfeeding.
- It also includes nutritional guidance consistent with the 2005 *Dietary Guidelines for Americans* and with expert recommendations for pregnancy and breastfeeding.

### **Why is it important?**

- It helps women who are pregnant or breastfeeding plan food choices that will follow MyPyramid and meet their nutrient needs.
- It provides a convenient and free educational resource to help women who are pregnant or breastfeeding understand their needs and make wise choices.

### **Who will use it?**

- Pregnant and breastfeeding women who want to understand their needs and make appropriate food choices.
- Dietitians and nutrition educators as part of their counseling for this audience.
- Obstetricians and other health care providers as a convenient source of food plans and nutritional advice for their patients.

### **How does it work?**

- To obtain a MyPyramid Plan for Moms, the user enters her age, height, pre-pregnancy weight (pregnant) or current weight (breastfeeding), physical activity level, and due date or baby’s date of birth. In addition, breastfeeding women will be asked if they are feeding breast milk only or supplementing with formula. An appropriate MyPyramid intake pattern will be provided on screen and as a printout if desired.
- The MyPyramid for Pregnancy and Breastfeeding section will be accessed directly from the *MyPyramid.gov* home page.

### **How was it developed?**

- MyPyramid for Pregnancy and Breastfeeding was developed by CNPP in conjunction with the WIC Program. The content was developed in consultation with a number of experts in maternal and child nutrition in various agencies of USDA, the Department of Health and Human Services (HHS), and academic institutions. The content was also reviewed for consistency with the Dietary Guidelines for Americans by committees on dietary guidance within both USDA and HHS.

## **What is included?**

- MyPyramid Plan for Moms
- Pregnancy—Nutritional needs
- Breastfeeding—Nutritional needs
- Pregnancy—Weight gain
- Breastfeeding—Weight loss
- Dietary Supplements
- Food Safety
- Special Health Needs
- More Information

## **What if I can't access the website?**

The WIC program is developing print versions of the information as fact sheets for distribution through their program offices. The three MyPyramid in Action fact sheets are: *Tips for Pregnant Moms*, *Tips for Breastfeeding Moms*, and *Dietary Supplements During Pregnancy and Breastfeeding*. These fact sheets are currently being translated into Spanish.

## **How will a user know if she is meeting recommendations?**

CNPP is developing a Menu Planner tool that will link with both the MyPyramid Plan and the MyPyramid Plan for Moms. This tool will allow users to enter foods they might select for a day and it will compare them to their personalized recommendations.

## **How do I find this information?**

It is accessed from the *MyPyramid.gov* website. On the left-hand menu of the home page, click on “Pregnancy & Breastfeeding.” The main page for MyPyramid for Pregnancy and Breastfeeding will open and the left-hand menu will expand to show all of the various pages to choose within this site.

## **What information is available for after giving birth or stopping breastfeeding?**

When a woman is no longer pregnant or breastfeeding, she can use the regular “MyPyramid Plan” to find her personalized recommendations.

## **How does this fit with the rest of MyPyramid's advice?**

The content and recommendations for pregnant and breastfeeding women are very similar to the advice provided on MyPyramid for the general public. When there are special nutrition or health concerns related to pregnancy or breastfeeding, these are included. For example, there are specific food safety concerns for pregnant women, so there is an expanded section on MyPyramid for Pregnancy and Breastfeeding that discusses listeriosis, toxoplasmosis, and mercury in fish.

**What information do the related fact sheets provide? How does the information on the fact sheets correspond to the website?**

The fact sheets provide pregnant and breastfeeding women with tips for eating a balanced diet, healthy weight gain, food safety, physical activity, and use of dietary supplements. The fact sheets were developed as a collaborative effort between the Center for Nutrition Policy and Promotion (CNPP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). The fact sheets are a valuable, complementary nutrition education tool that can be used in conjunction with the MyPyramid for Pregnancy and Breastfeeding website or separately by individuals or in nutrition education encounters.

**How can I access the fact sheets?**

The fact sheets are available for downloading from the WIC Works Resource System website at [www.nal.usda.gov/wicworks/Topics/MyPyramid\\_Resources.html](http://www.nal.usda.gov/wicworks/Topics/MyPyramid_Resources.html). There is also a link on the MyPyramid for Pregnancy and Breastfeeding web page – “More Information” – that direct visitors to the site to download the fact sheets.

**What benefits do the MyPyramid for Pregnancy and Breastfeeding website and fact sheets provide to Food and Nutrition Service (FNS) Program participants and the general public?**

The MyPyramid for Pregnancy and Breastfeeding website and fact sheets provide pregnant and breastfeeding women participating in FNS Programs – as well as those in the general population – with information and practical tips for aligning lifestyle and food choices to be more consistent with the 2005 *Dietary Guidelines for Americans* (DGAs).